


Bees Landing Fitness Classes

1580 Ashley Gardens Blvd
Charleston, SC 29414
843-402-4571



January 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Schedule subject to change. All classes are \$5 and 1 hour unless otherwise noted.	We do not accept cash. We accept checks, money orders, Visa/Mastercard.	Please see Senior Newsletter for additional classes.	1 CLOSED FOR NEW YEARS DAY 	2 Zumba Gold 9:30 am	3 Zumba Fitness 9 am (45 min) NO YOGA
4 Closed	5 Zumba Fitness 9:30 am Zumba Fitness 5:15 pm	6 Gentle Yoga 9 am Zumba Fitness 6:30 pm Pilates 6:30 pm	7 Zumba Gold 9:30 am Kripalu Yoga 6:30pm	8 Gentle Yoga 9 am Zumba Combo 6:30pm	9 Zumba Gold 9:30 am	10 Zumba Fitness 9 am (45 min) Kripalu Yoga 10 am
11 Closed	12 Zumba Fitness 9:30 am Zumba Fitness 5:15 pm	13 Gentle Yoga 9 am NO ZUMBA Pilates 6:30 pm	14 Zumba Gold 9:30 am Kripalu Yoga 6:30pm	15 Gentle Yoga 9 am Zumba Combo 6:30pm	16 Zumba Gold 9:30 am	17 Zumba Fitness 9 am (45 min) Kripalu Yoga 10 am
18 Closed	19 CLOSED FOR MARTIN LUTHER KING DAY	20 Gentle Yoga 9 am Zumba Fitness 6:30 pm Pilates 6:30 pm	21 Zumba Gold 9:30 am Kripalu Yoga 6:30pm	22 Gentle Yoga 9 am Zumba Combo 6:30pm	23 Zumba Gold 9:30 am	24 Zumba Fitness 9 am (45 min) Kripalu Yoga 10 am
25 Closed	26 Zumba Fitness 9:30 am Zumba Fitness 5:15 pm	27 Gentle Yoga 9 am NO ZUMBA Pilates 6:30 pm	28 Zumba Gold 9:30 am Kripalu Yoga 6:30pm	29 Gentle Yoga 9 am Zumba Combo 6:30pm	30 Zumba Gold 9:30 am	31 Zumba Fitness 9 am (45 min) Kripalu Yoga 10 am